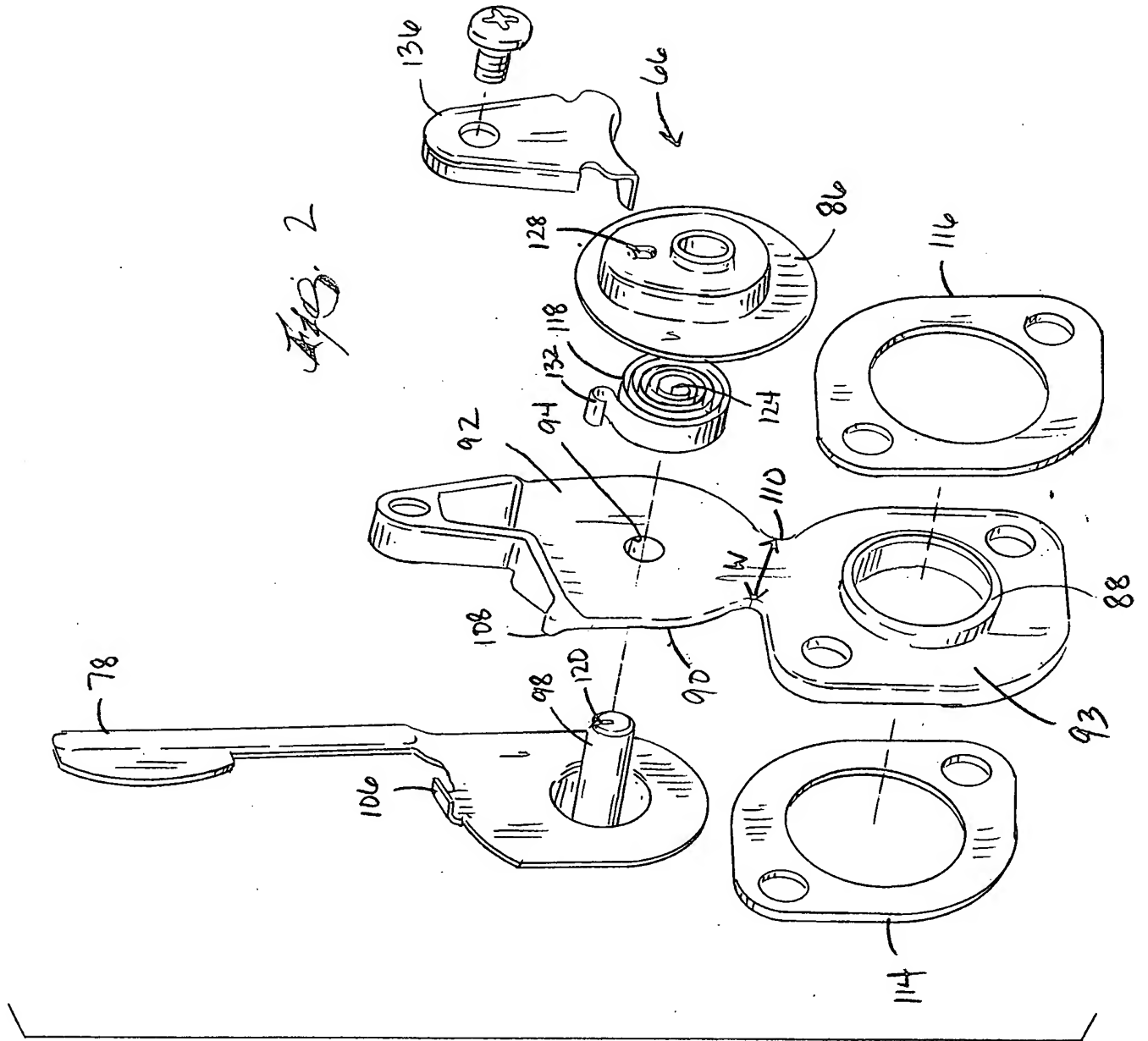
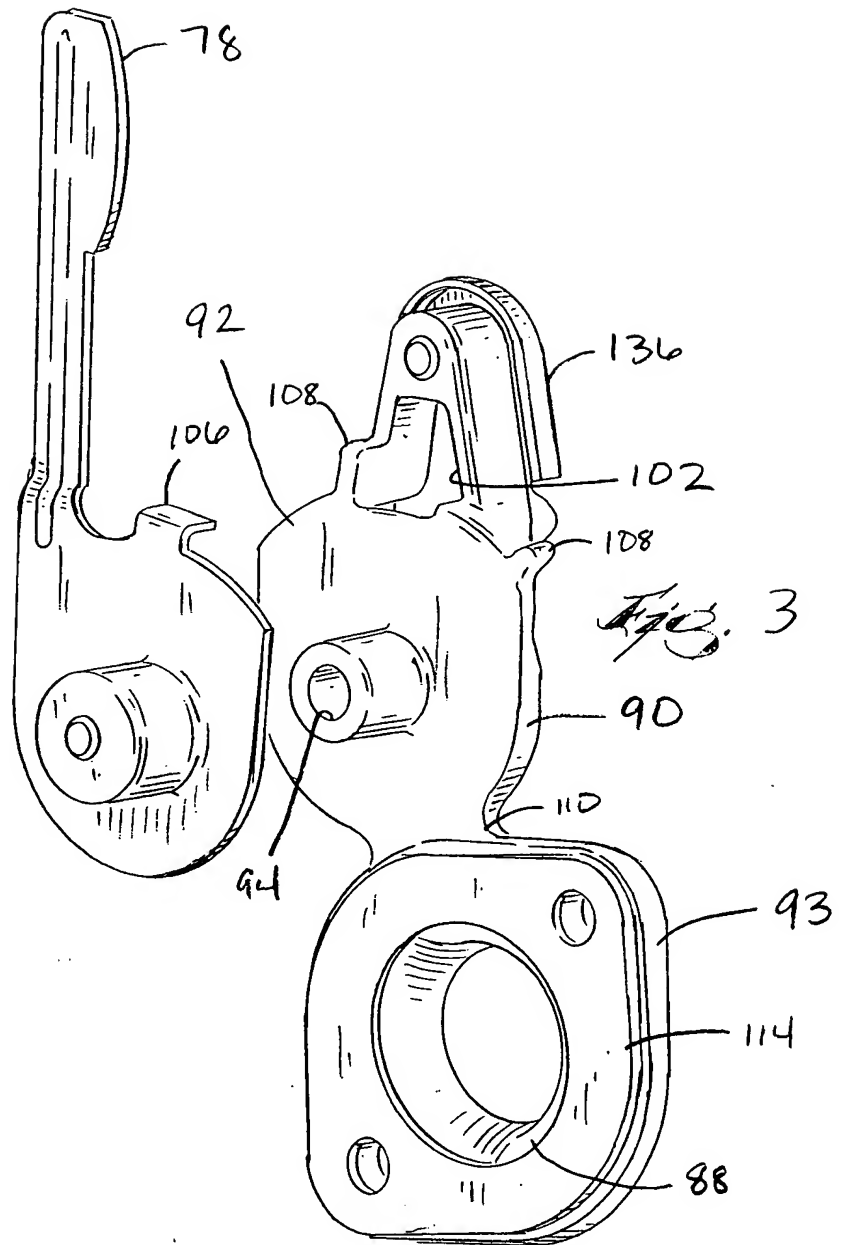
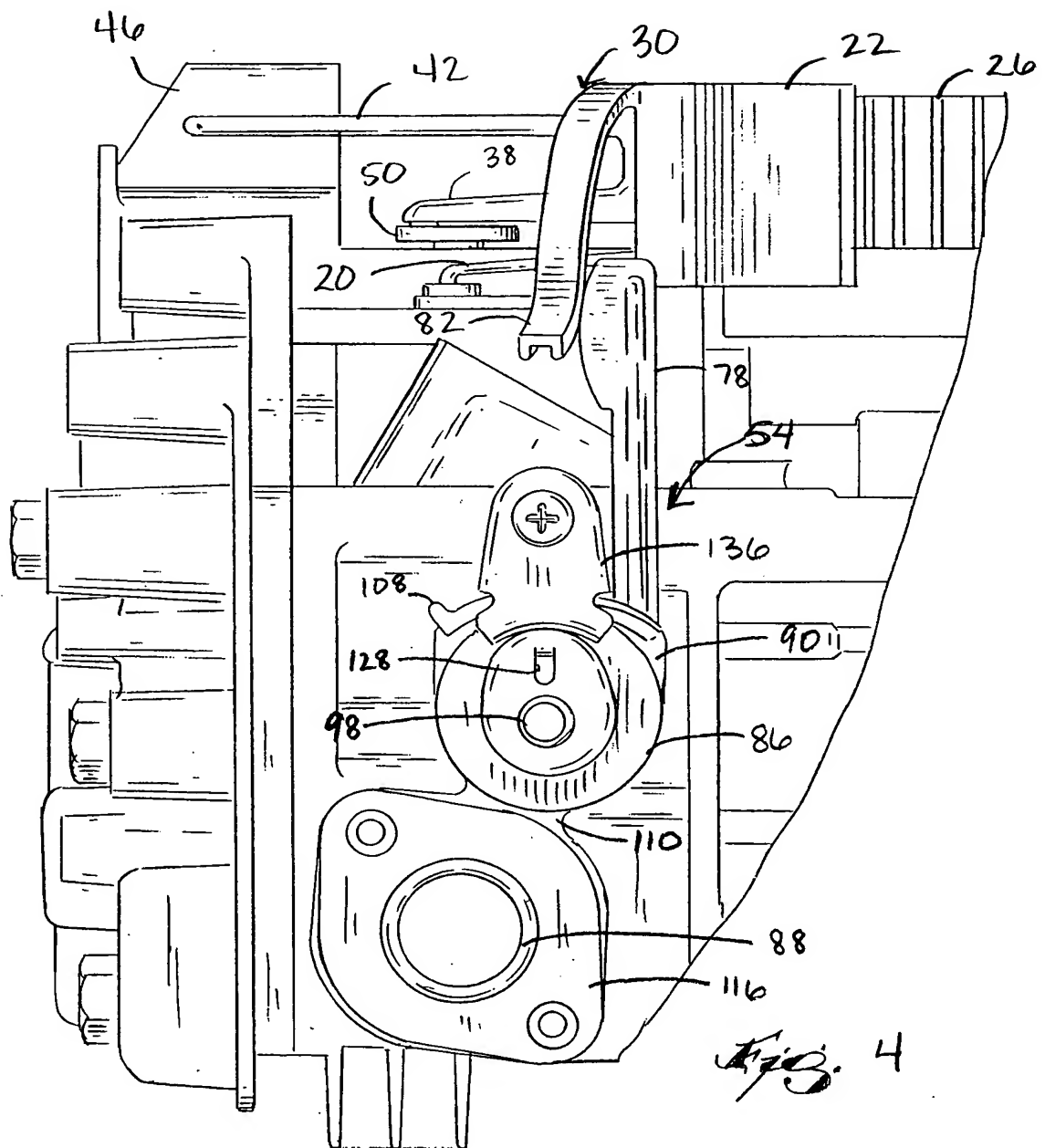


Fig. 1

Fig. 2







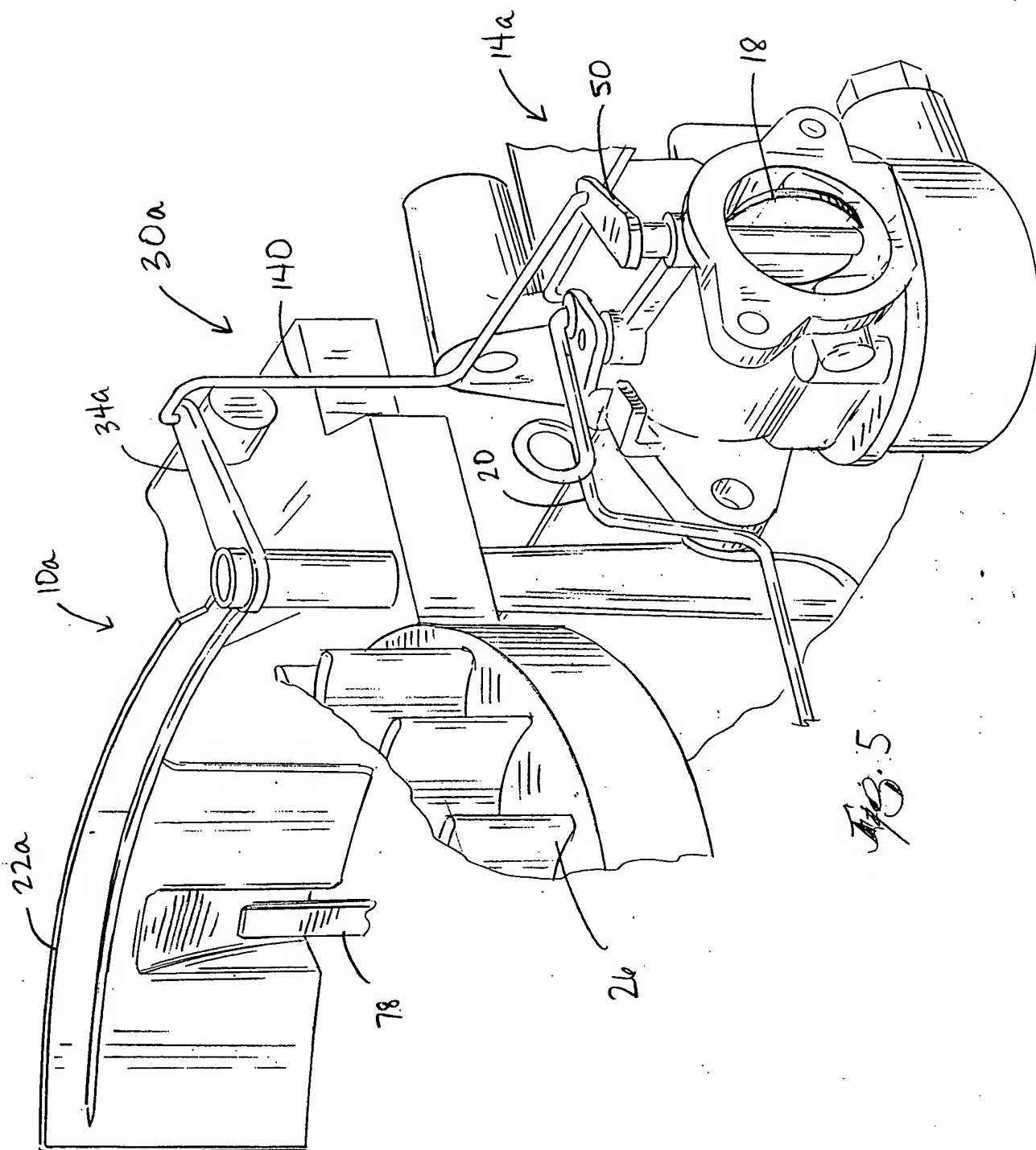
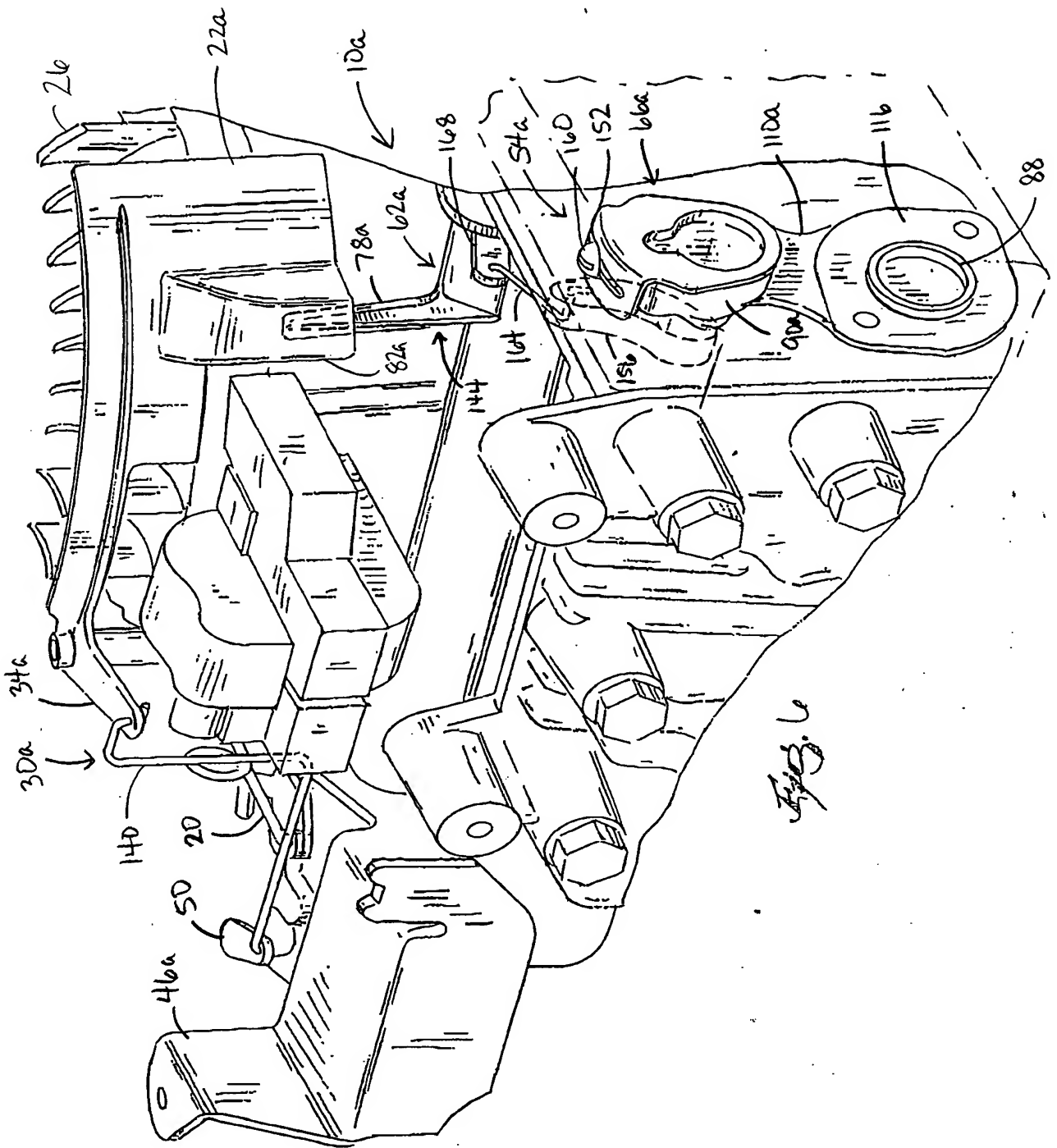


FIG. 5



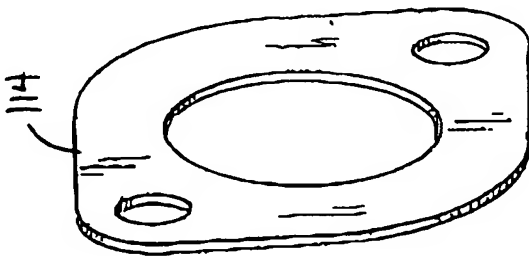
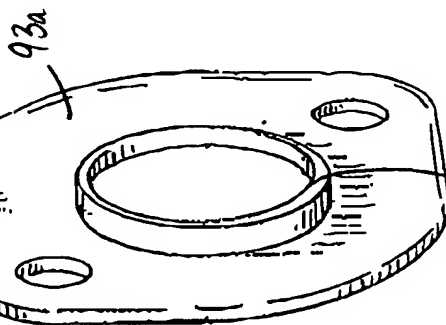
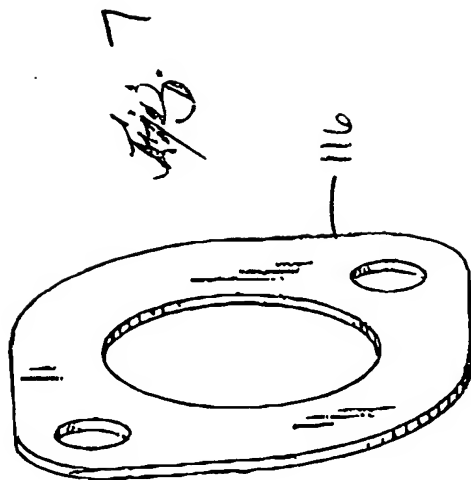
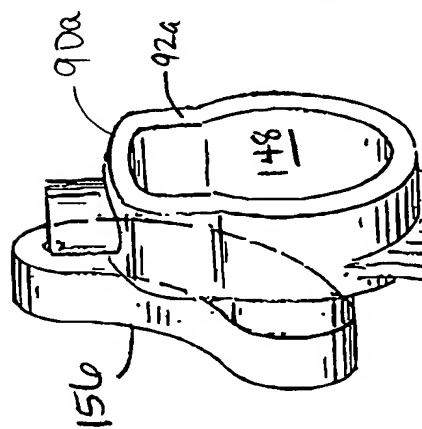
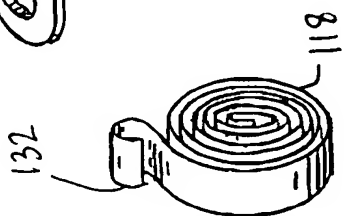
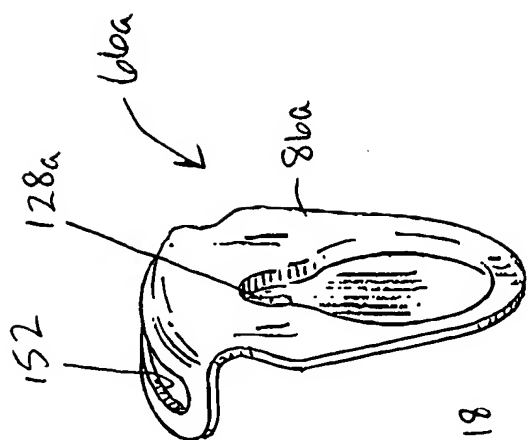


Fig. 7

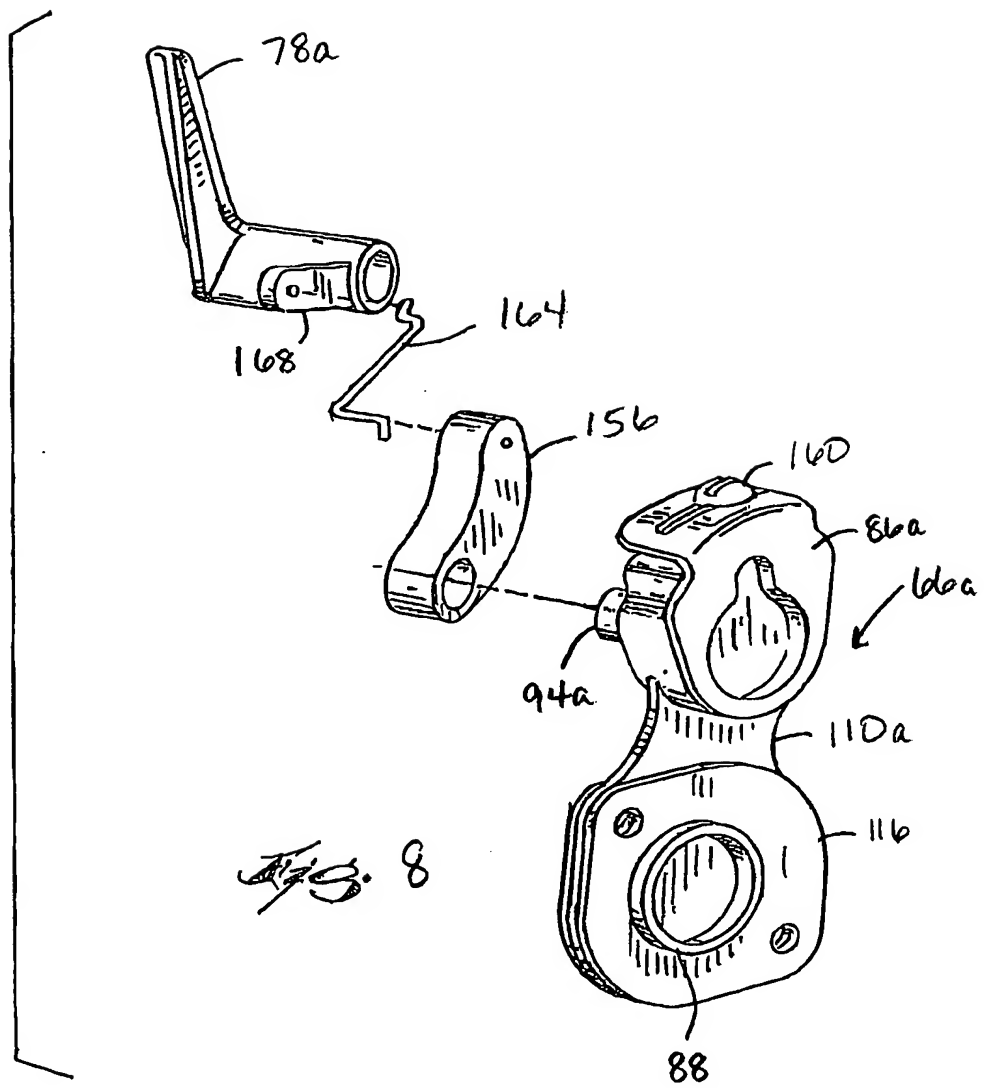
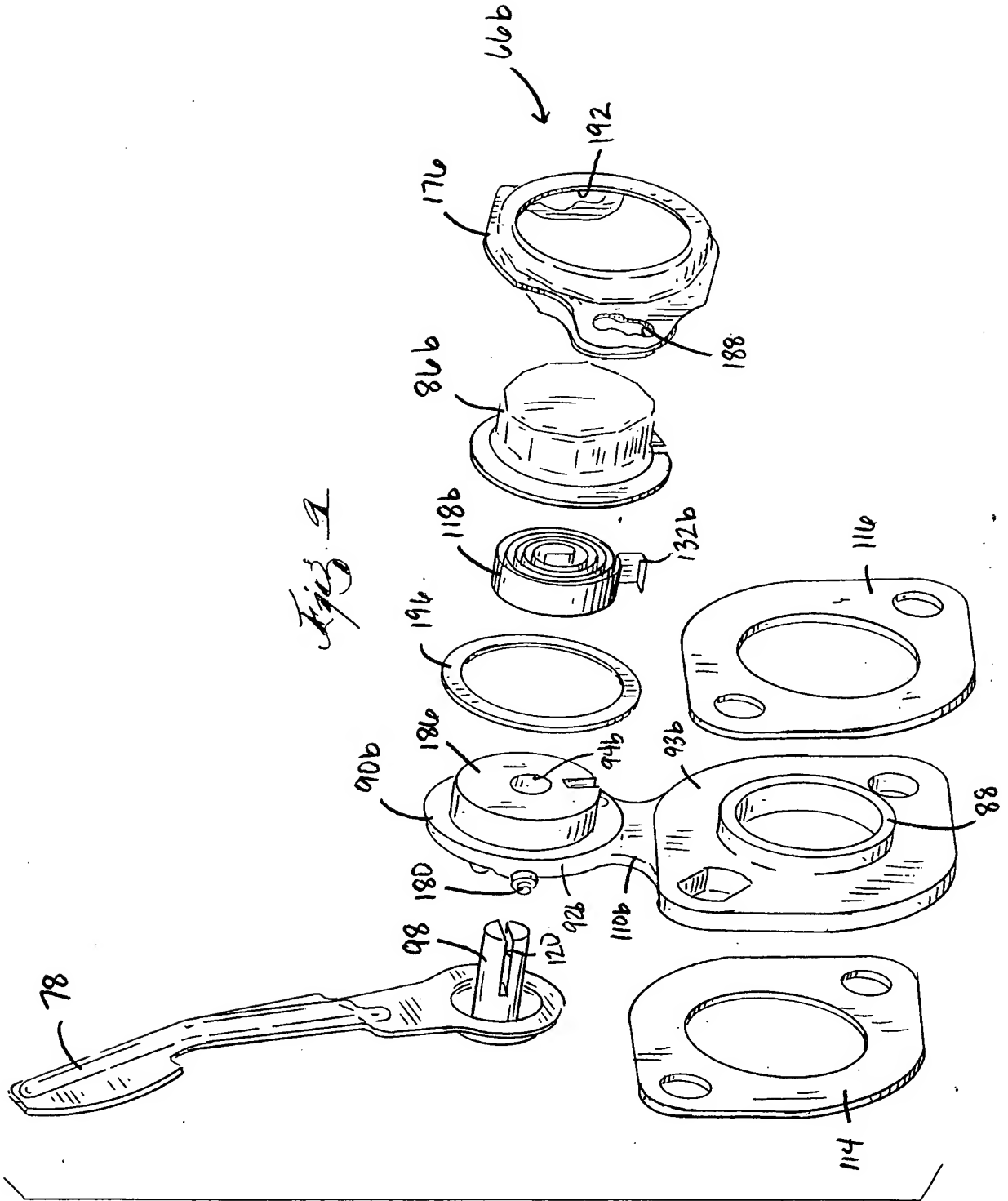
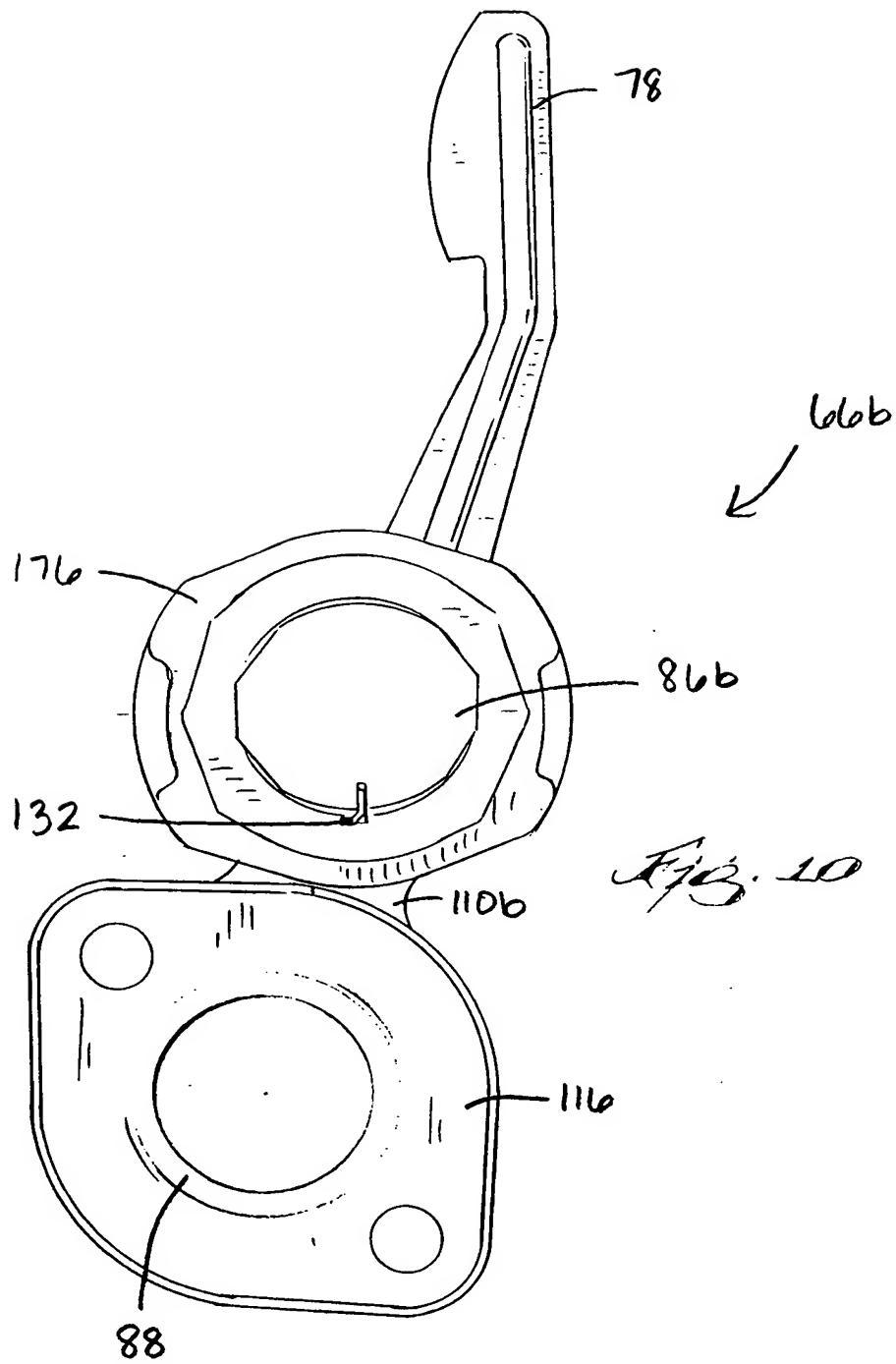
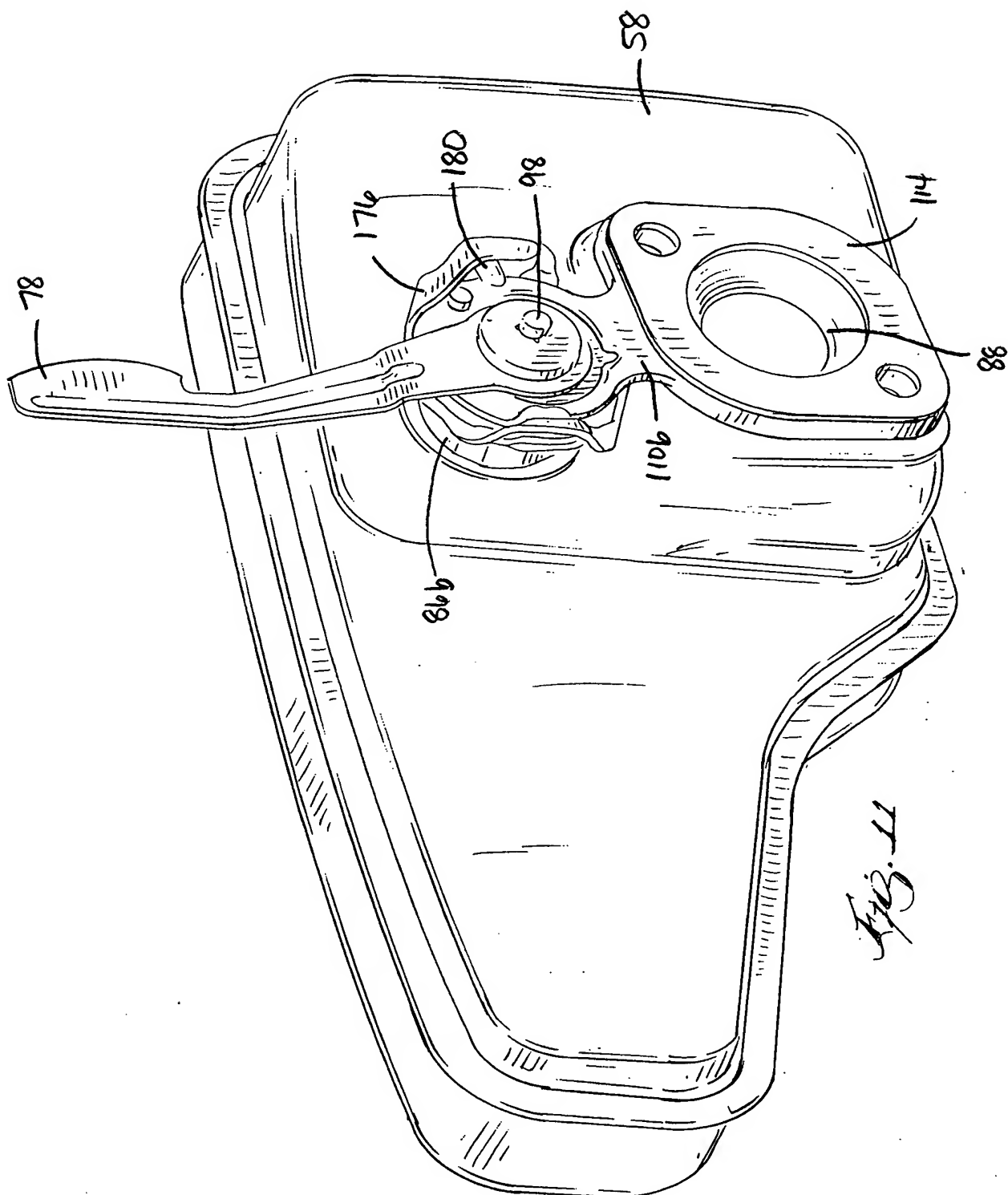
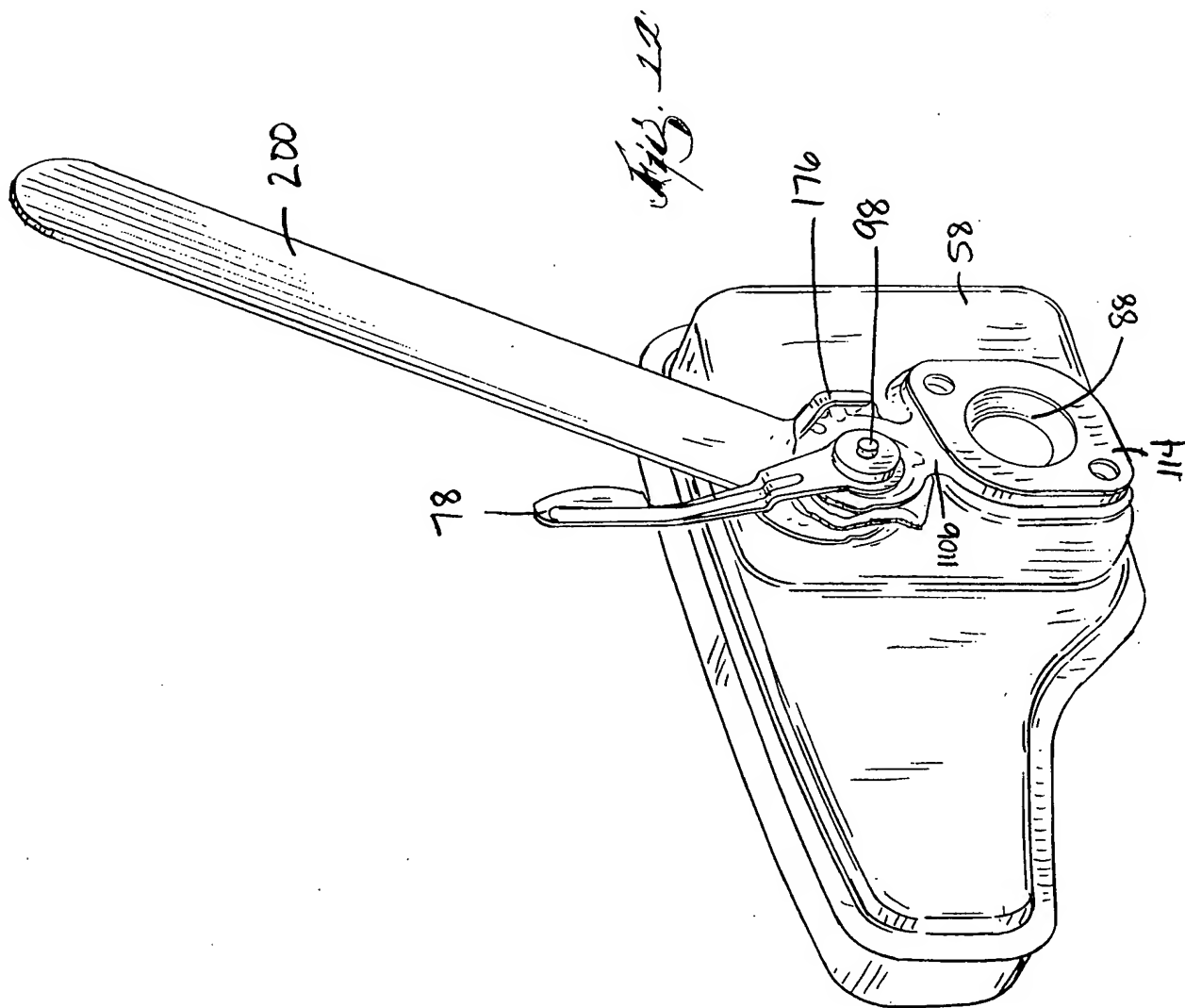


Fig. 8









Warm Up

Cool Down

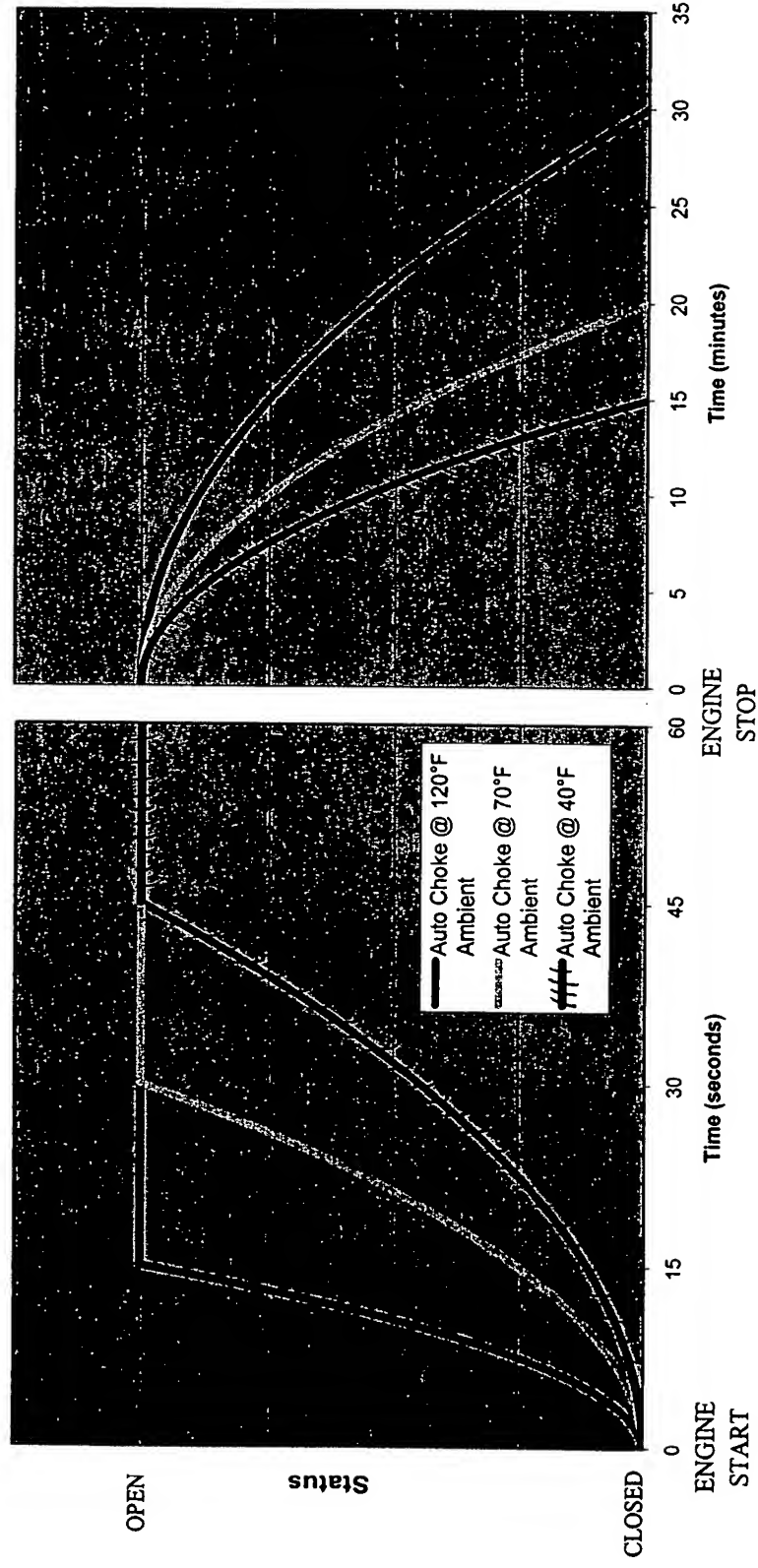
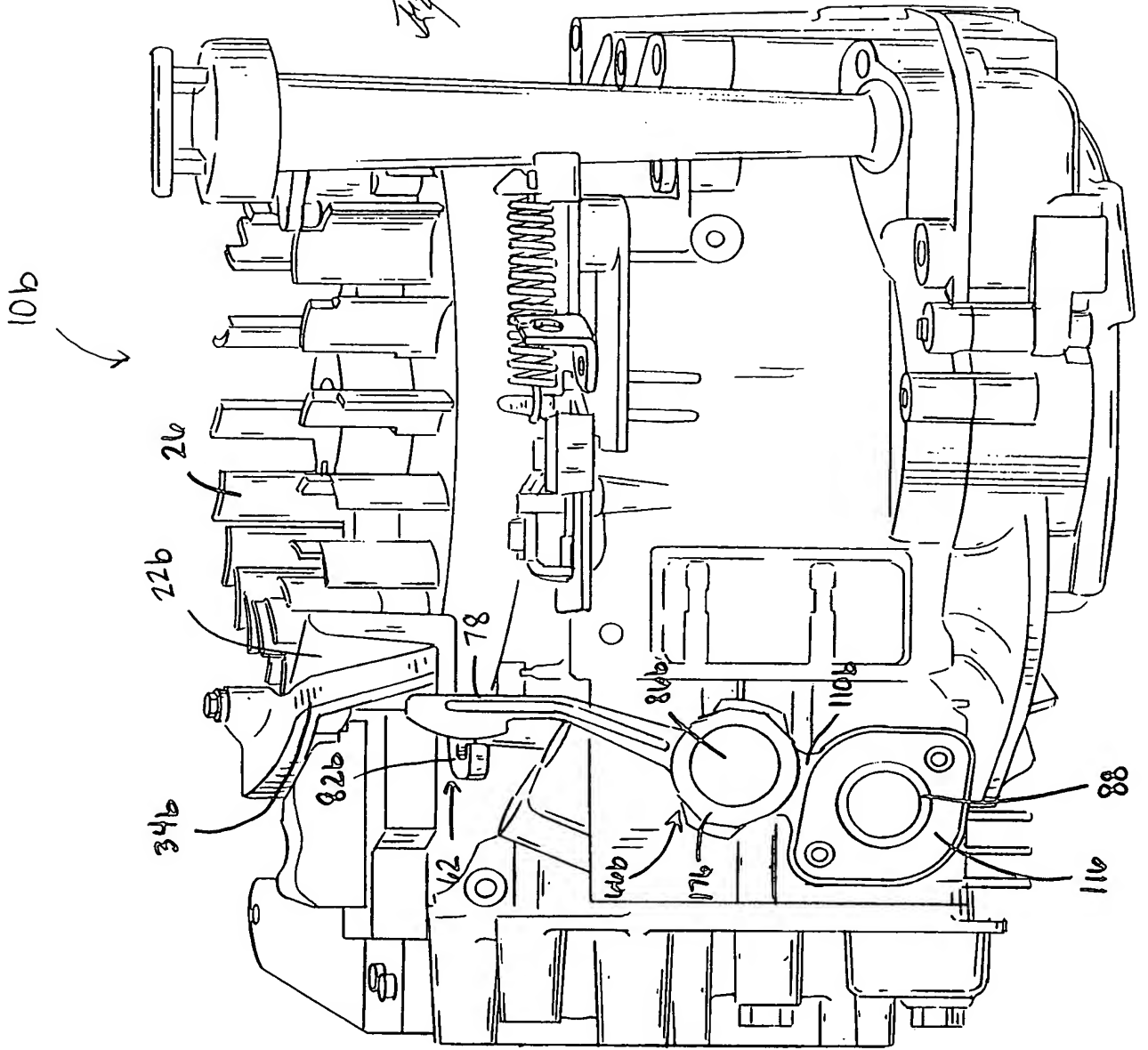
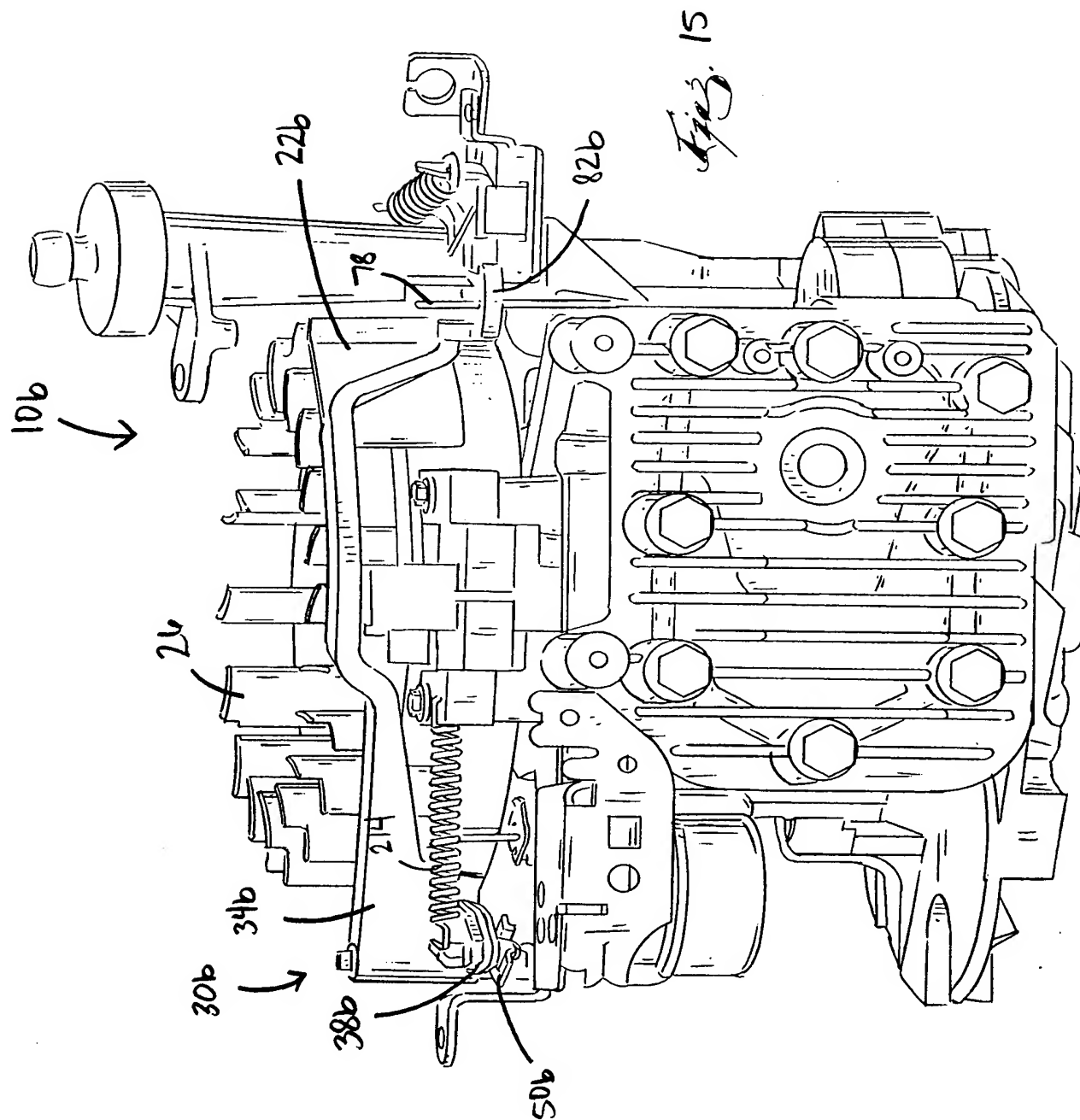
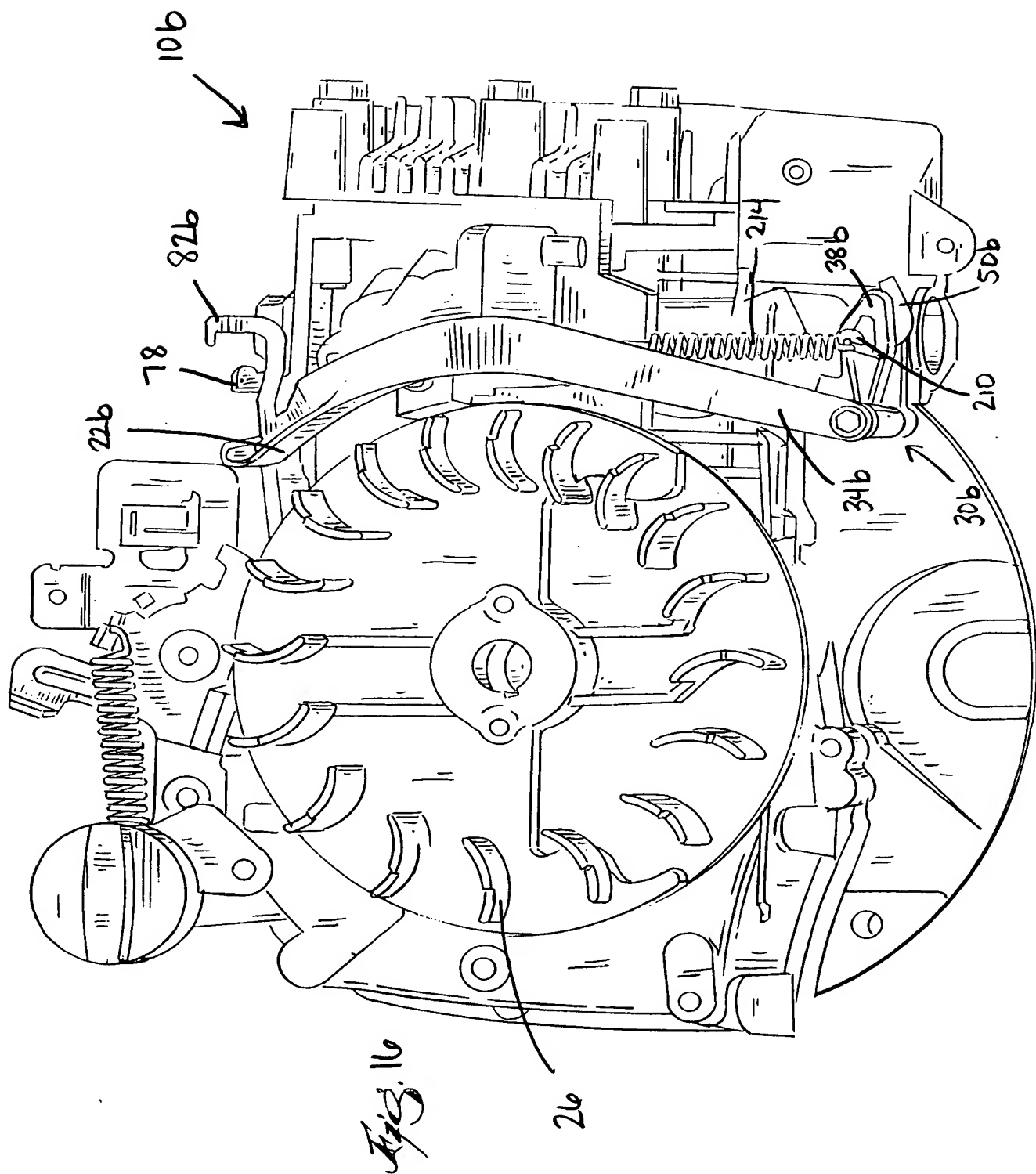


Fig. 13

Fig. 14







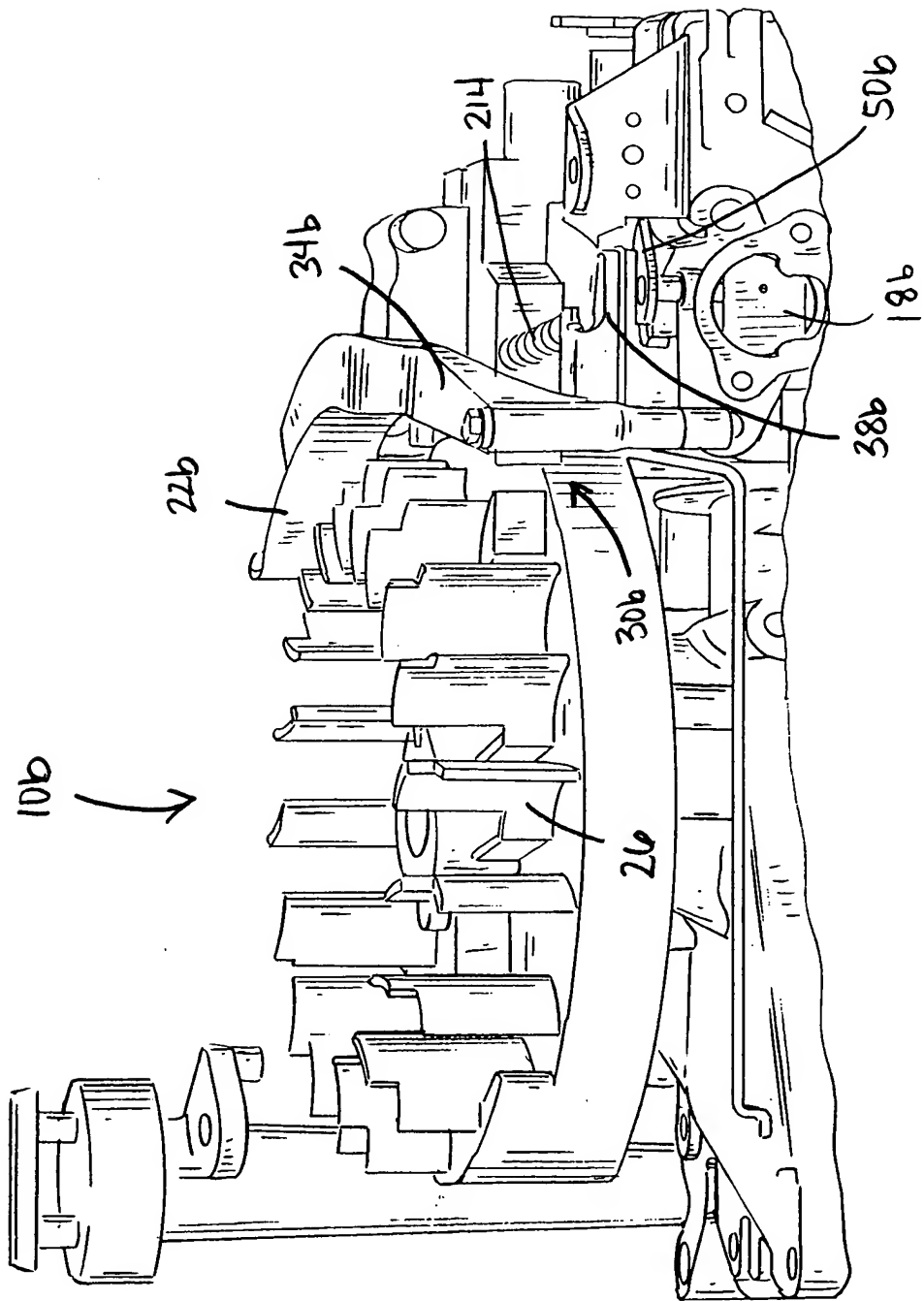
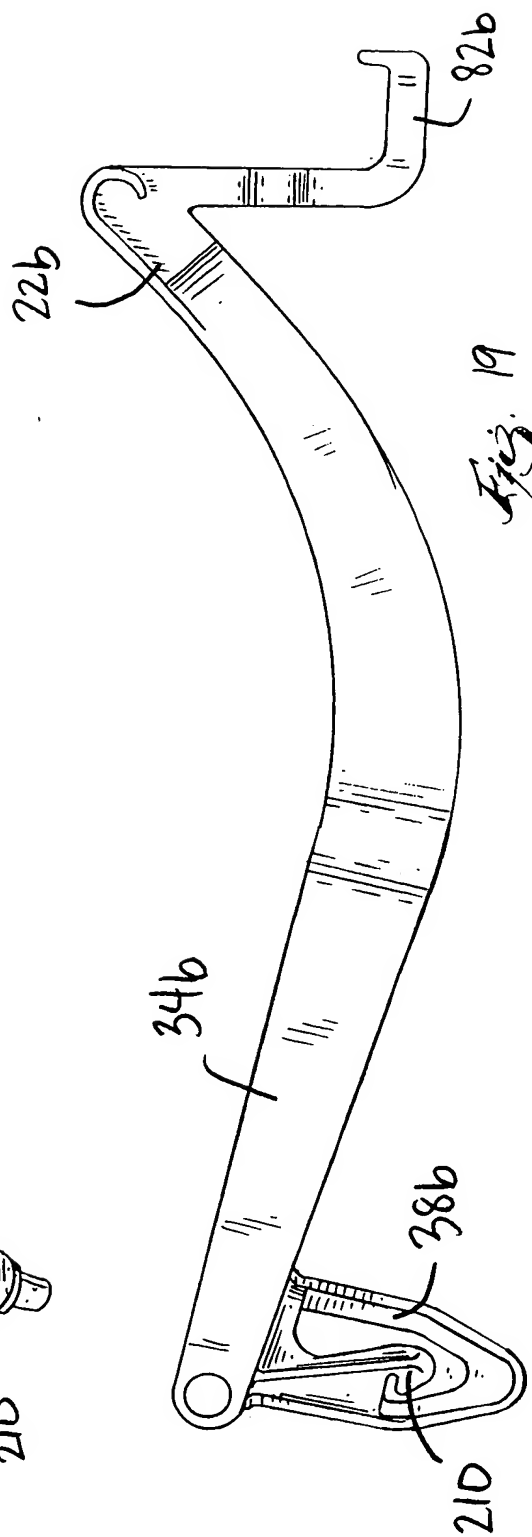
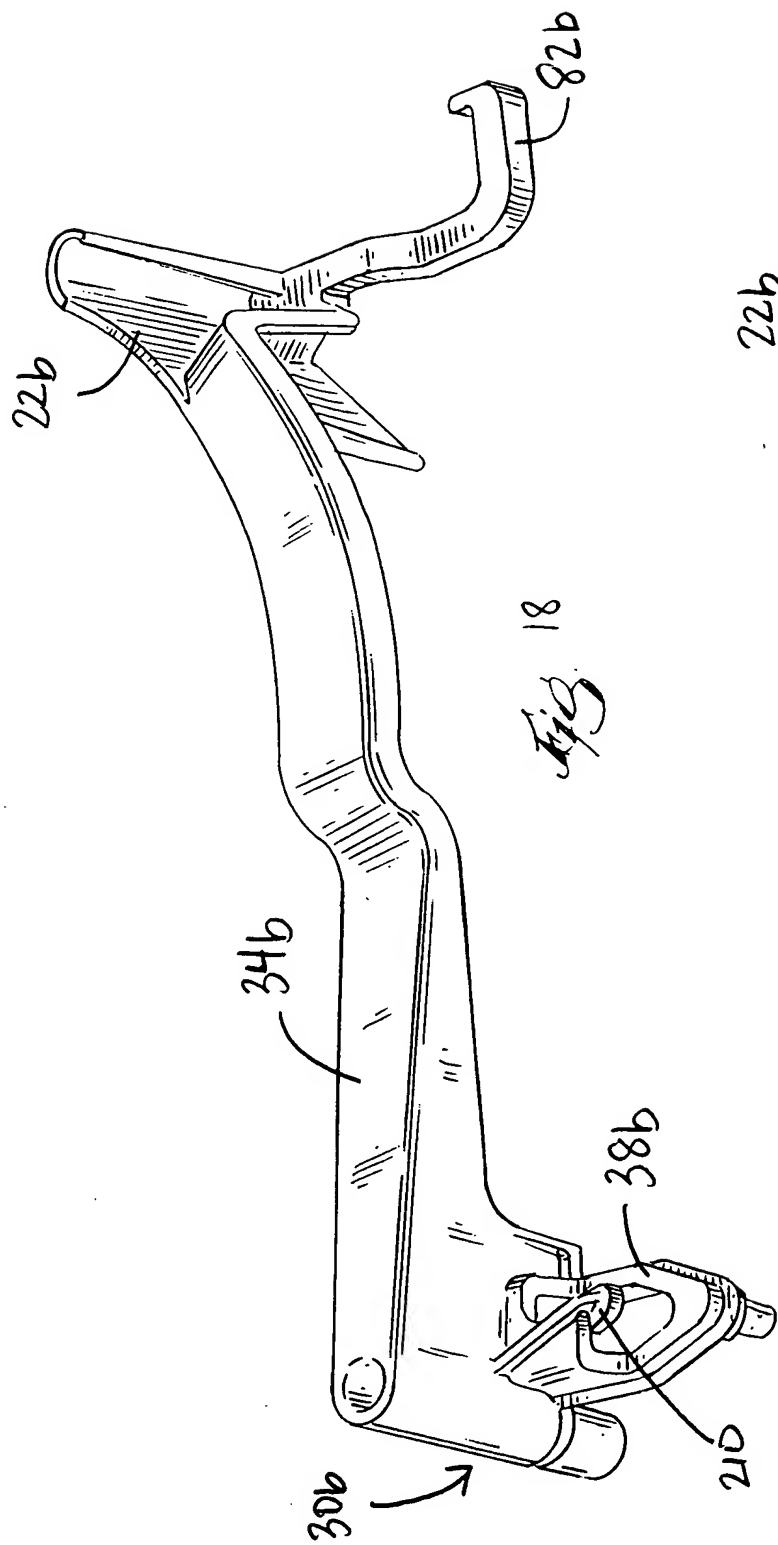


Fig. 17



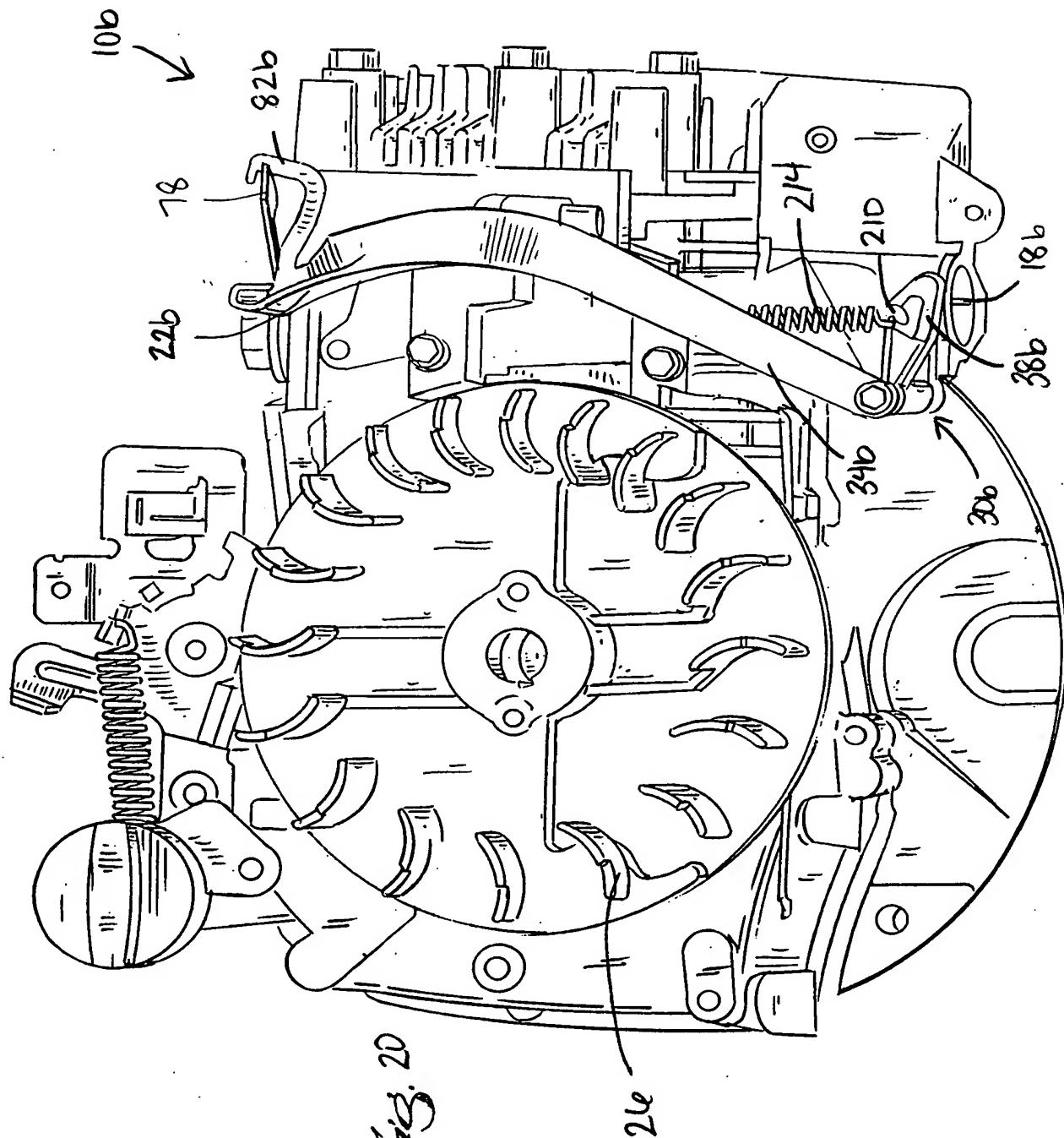


Fig. 20

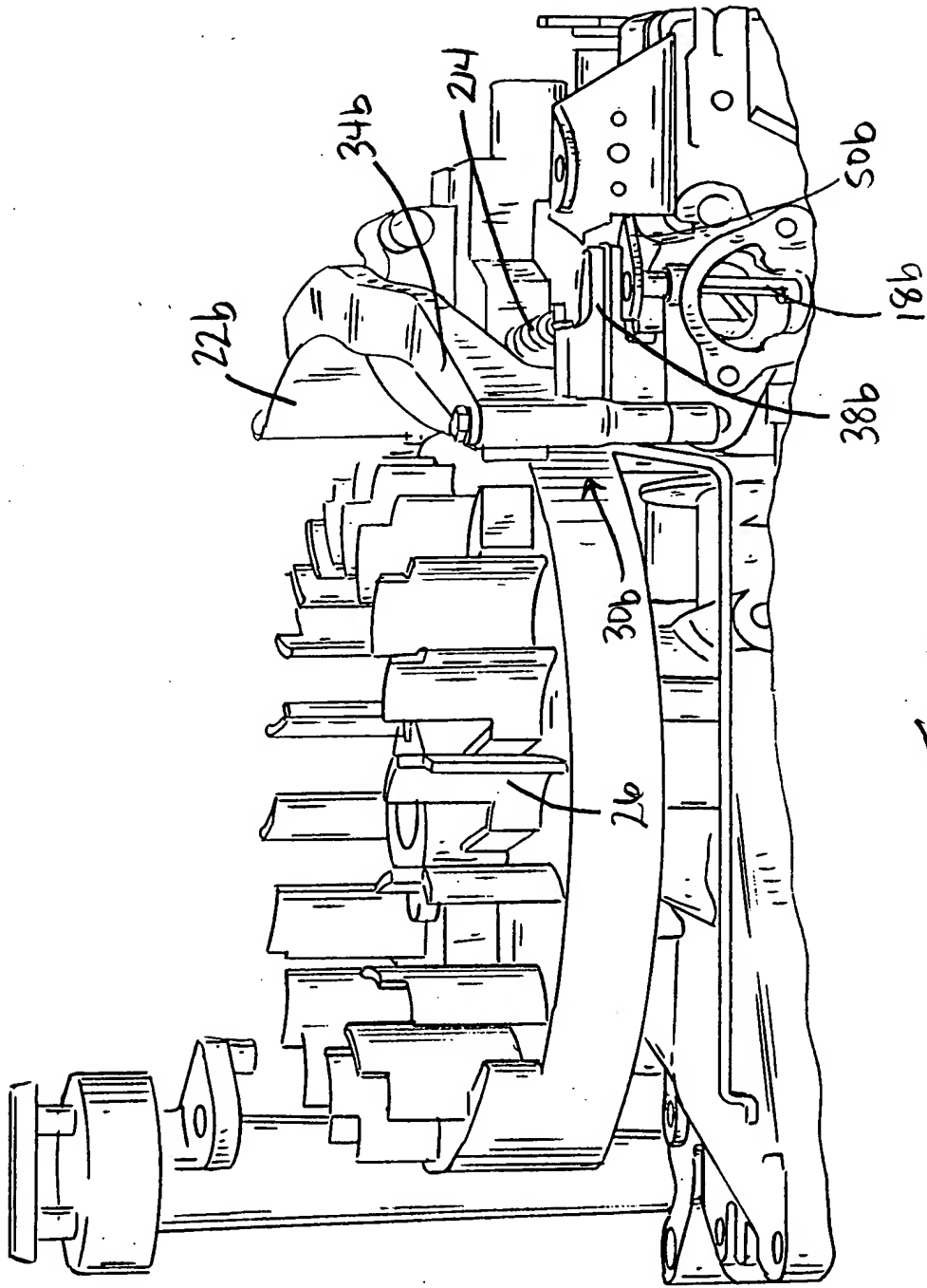


Fig. 21

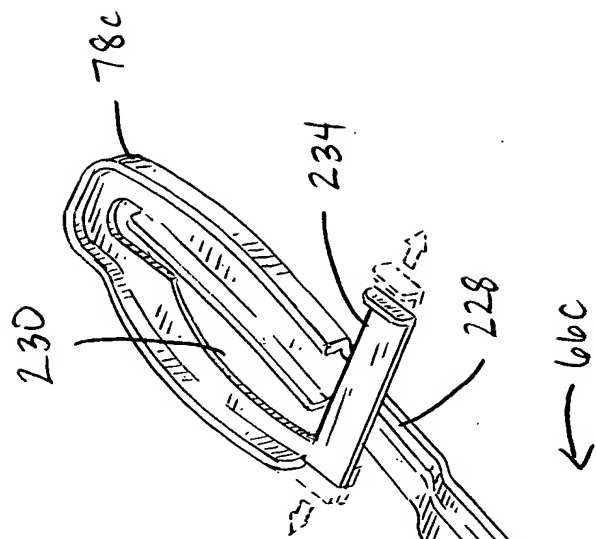


Fig. 22

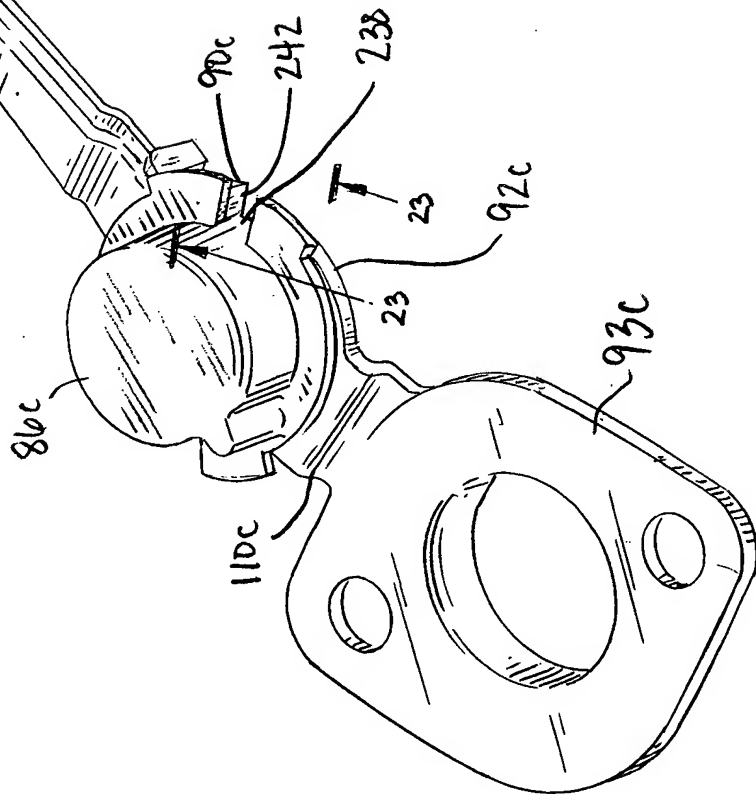


Fig. 23

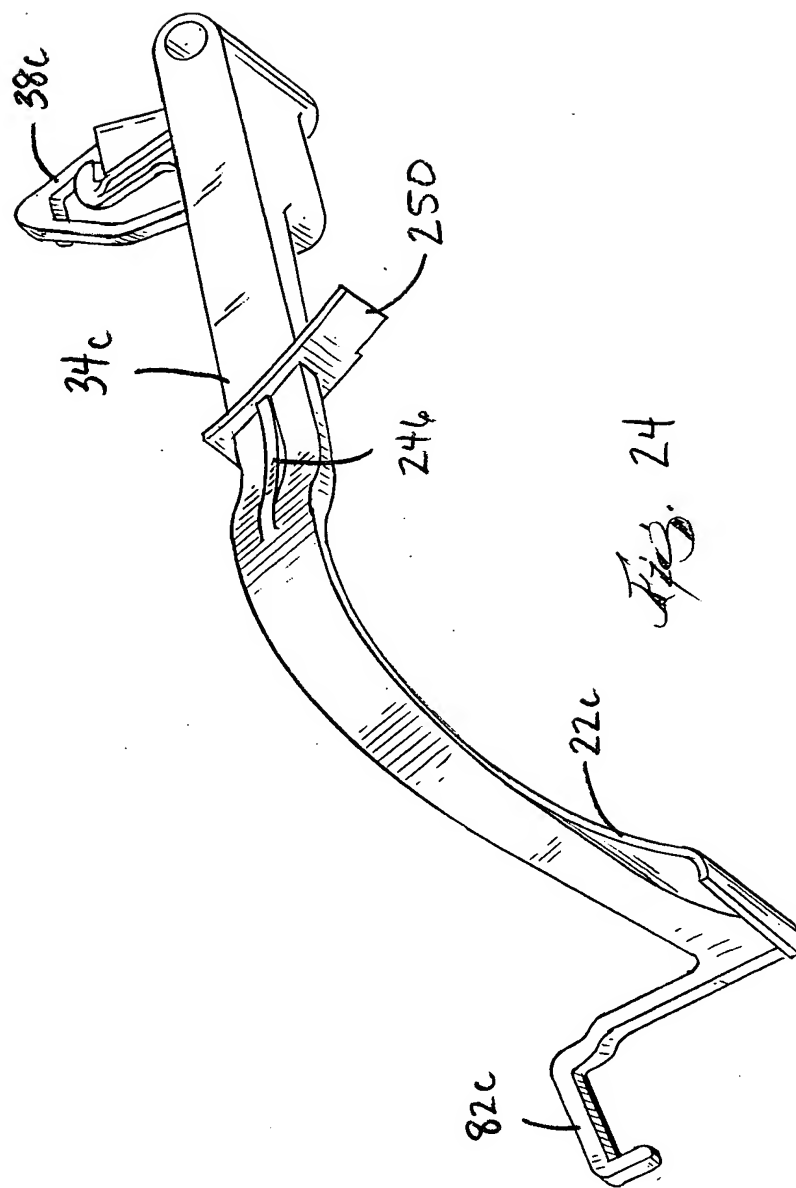


Fig. 24